

*The ONLY IRON  
and MANGANESE  
Bi-Carbonate Springs  
in Western America*

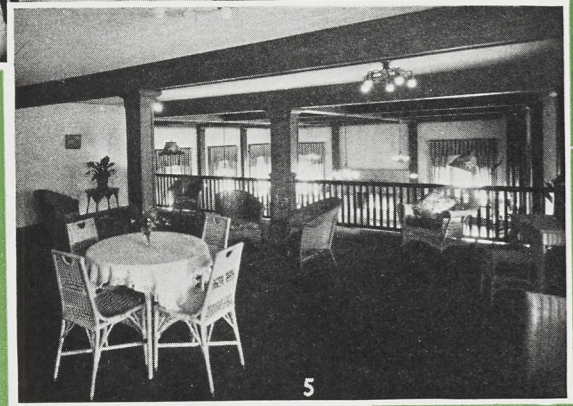
# ADAMS



Dr. W. R. PRATHER • Prop.



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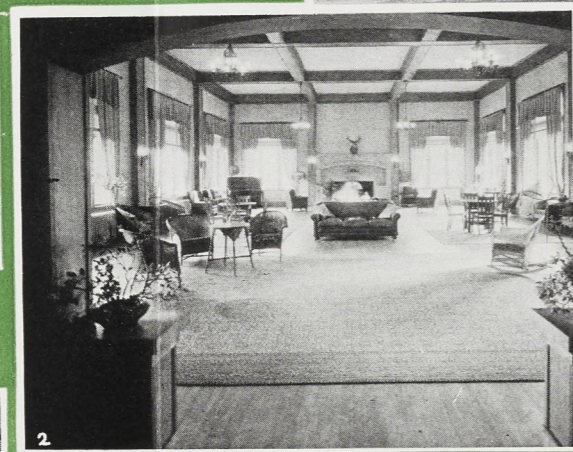
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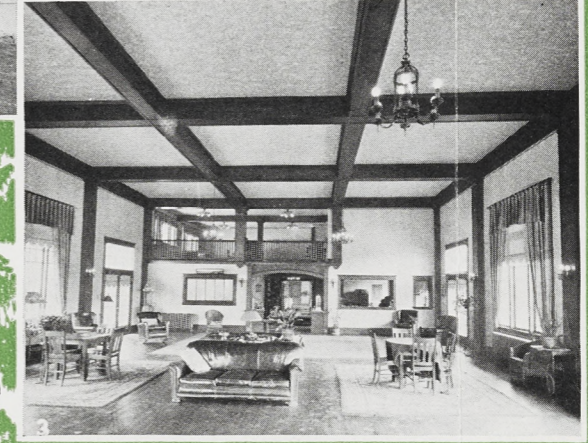
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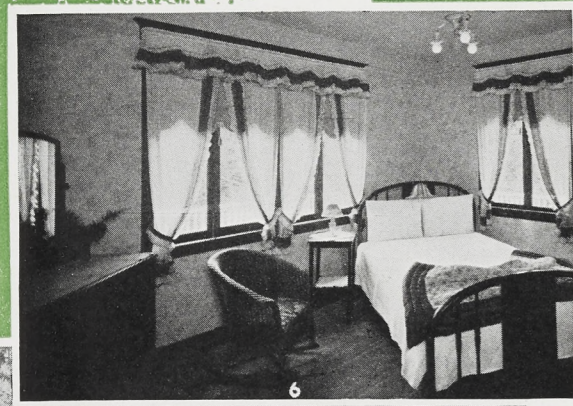
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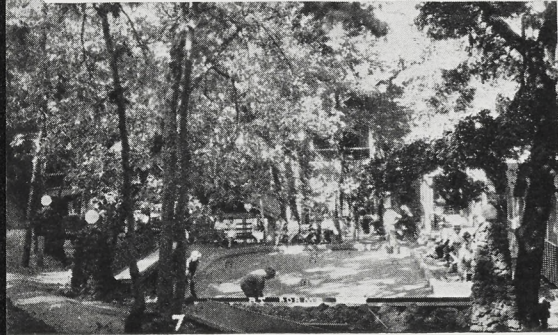
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3



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7



10



11

- 1. Hotel
- 2. The lounge
- 3. The lounge
- 4. Dining room
- 5. Mezzanine

- 6. A bedroom
- 7. Croquet court
- 8. Cottages
- 9. Cottages
- 10. The plunge
- 11. The Springs

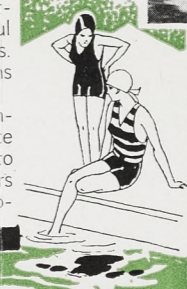
Since 1870

# ADAMS

State Highway All The Way

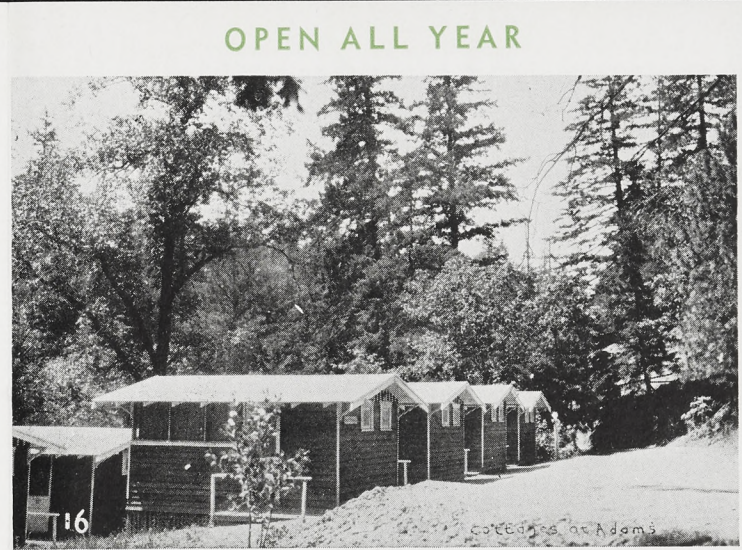
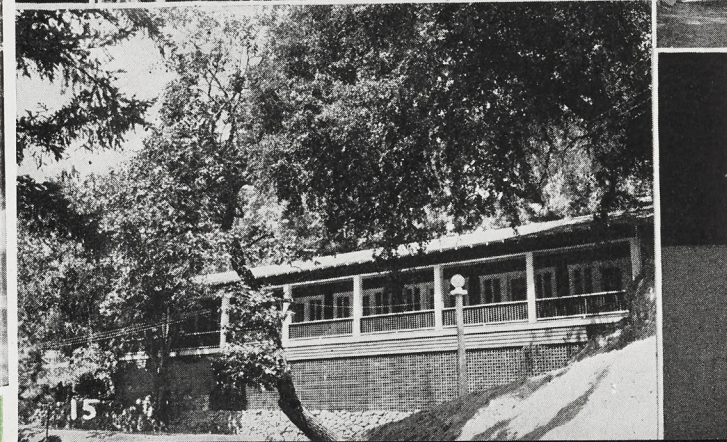
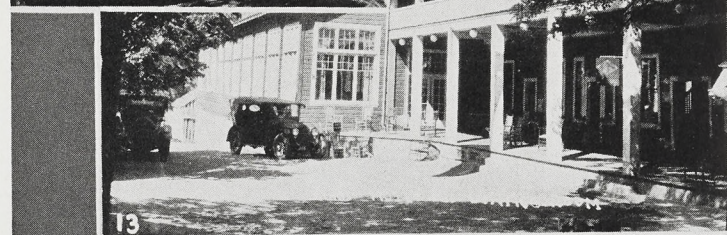
One hundred miles north of San Francisco, in California's beautiful lake district, lies Adams Springs. One of California's oldest and largest mineral springs resorts, Adams Springs is 3,000 feet above the sea, in the heart of Lake County's beautiful pine forests. Breezes laden with the invigorating scent of the pine trees, picturesque country, rugged scenery—all provide an ideal setting for the ideal inn. Owned and operated by Dr. W. R. Prather for forty-five years, Adams Springs has a proud tradition of hospitality which it delights in improving every year. Adams Springs has accommodations to suit any taste. There are rooms with bath, tents, cottages with hot and cold running water—others with shower and toilet; some cottages near the main building and others farther away among the pines. Cottage buildings and individual bungalows provide modern and convenient privacy with hotel service. They are equipped with showers, toilets and running water. A spacious dining room in the main building,

delightfully decorated, seats 600. Situated near the Springs, it is especially attractive on summer days. An experienced chef and his assistants provide delightful food to satisfy the appetites that are whetted by country air and the out-of-doors. Steam heat provides uniform comfort all year round. A lobby, other public rooms and a barber shop make up a completely modern hotel. At Adams Springs, the amusement of our guests is as important as their comfort. Every night an orchestra plays irresistible music with meals and dance music. Miles of winding trails thread their way through green pine forests to high cliffs and mountain tops. A large concrete tank in the open lures swimmers and sun bathers. In season, fishing and hunting give the sportsman opportunity to display his skill. Shuffle-board and croquet, a modern soda fountain and confectionary shop on the hotel grounds are welcome additions to other pleasures.





- 12. A trail
- 13. Hotel
- 14. Dining room
- 15. Oak cottage



**Many New Improvements this year include:**

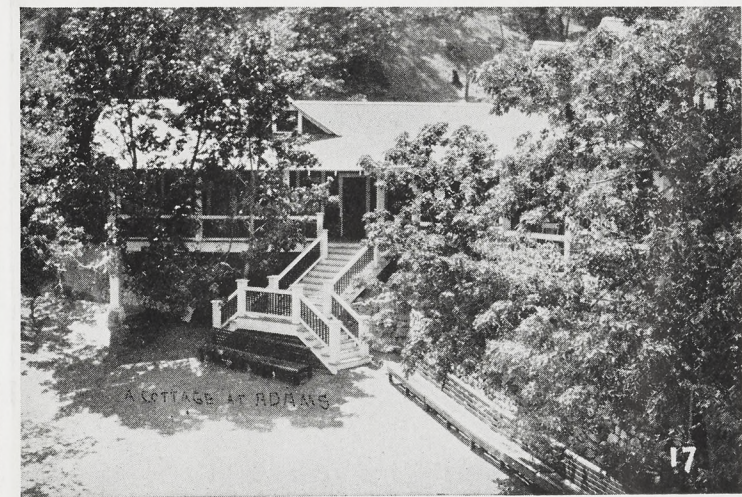
- A NEW CROQUET GROUND
- IMPROVED SWIMMING TANK
- CHILDREN'S PLAYGROUND
- TENNIS COURT
- DIET KITCHEN

Also improved method of individual service on mineral water

**At Rates Lower Than Many Years**

Rates as low as \$3.00 a day and \$17.50 a week. For full information regarding railroad routes and other questions, write or telephone—

**DR. W. R. PRATHER**  
ADAMS SPRINGS, LAKE COUNTY, CALIFORNIA



**EASY 3 HOUR DRIVE FROM BAY CITIES**

# ADAMS SPRINGS MINERAL WATER

RECOMMENDED BY PHYSICIANS

## THE ONLY IRON AND MANGANESE BI-CARBONATE SPRING IN WESTERN AMERICA

**A**DAMS SPRINGS MINERAL WATER is a natural mineral water and is one of the seven known iron and manganese bi-carbonate springs in the world, and the only one in western America. The value of manganese, when associated with iron, lies in the fact that it renders the iron more digestible. Iron has been prescribed for the purpose of increasing the red blood corpuscles for more than a century, but until its association with manganese it was unsatisfactory, because its continued use deranged digestion. Iron and manganese are present in perfect combination in Adams Springs Mineral Water.

Iron and manganese in solution with the other minerals of the water are regarded as very valuable in the treatment of many ailments arising from impoverished or impure blood.

The water is recommended by many prominent physicians in conjunction with the treatment of liver, kidney and stomach troubles. It is mildly laxative, neutralizes the acids in the system and stimulates the action of the liver, kidneys and bowels without irritation. It is stated by physicians that the improper functioning of these organs is a contributing factor of faulty metabolism and chronic infections of which arthritis, diabetes and similar conditions are common types. The water is effective in many cases of high blood pressure.

### How to Drink the Water

In most cases good results are obtained by starting with a quart or two and increasing a pint each day until a gallon or more per day is being consumed, and continue for several weeks, or until the desired results are obtained. The water is absorbed and eliminated by the system so rapidly that much larger quantities may be taken with excellent results.

Action will in most cases start with the kidneys and then with the stomach and bowels. Several days are required in most cases to stimulate the action of the liver. Some discomfort may be experienced at this stage and may continue until the excess bile has been flushed from the system. It is recommended that the quantity of water taken be not reduced during this period.

In severe cases, or if a physician is in attendance, he should be consulted and the water taken as he prescribes.

Iron and manganese bi-carbonate springs are so rare that many people are not familiar with the characteristics of the water and are surprised to see it change from a muddy brown to crystal clear, or from clear to brown. It may contain flakes of any color or deposit brown rings on the bottle. After opening it may cloud and deposit a

reddish brown sediment. This in no way affects its medicinal qualities. After opening, keep the bottle closed to prevent evaporation of gas.

If you prefer to take the water warm or hot, it should be done thusly: The crown cap should be removed and replaced with a common cork. The bottle may then be placed in warm or hot water until the desired temperature is obtained. Care should be used not to force the cork in too tight as the bottle might burst from internal pressure. The water should never be poured from the bottle except into a glass for immediate use.

If you are using the gallon jugs and wish to take the water warm or hot, it should be poured from the jug into the bottle and then heated, the same as described above for bottles.

**CAUTION: Do not eat fresh uncooked fruits, except citrus, when taking the water**

### A Natural Mineral Water

#### ANALYSIS, ADAMS SPRINGS MINERAL WATER Showing Main Constituents

By Prof. Sydney A. Tibbetts, Berkeley

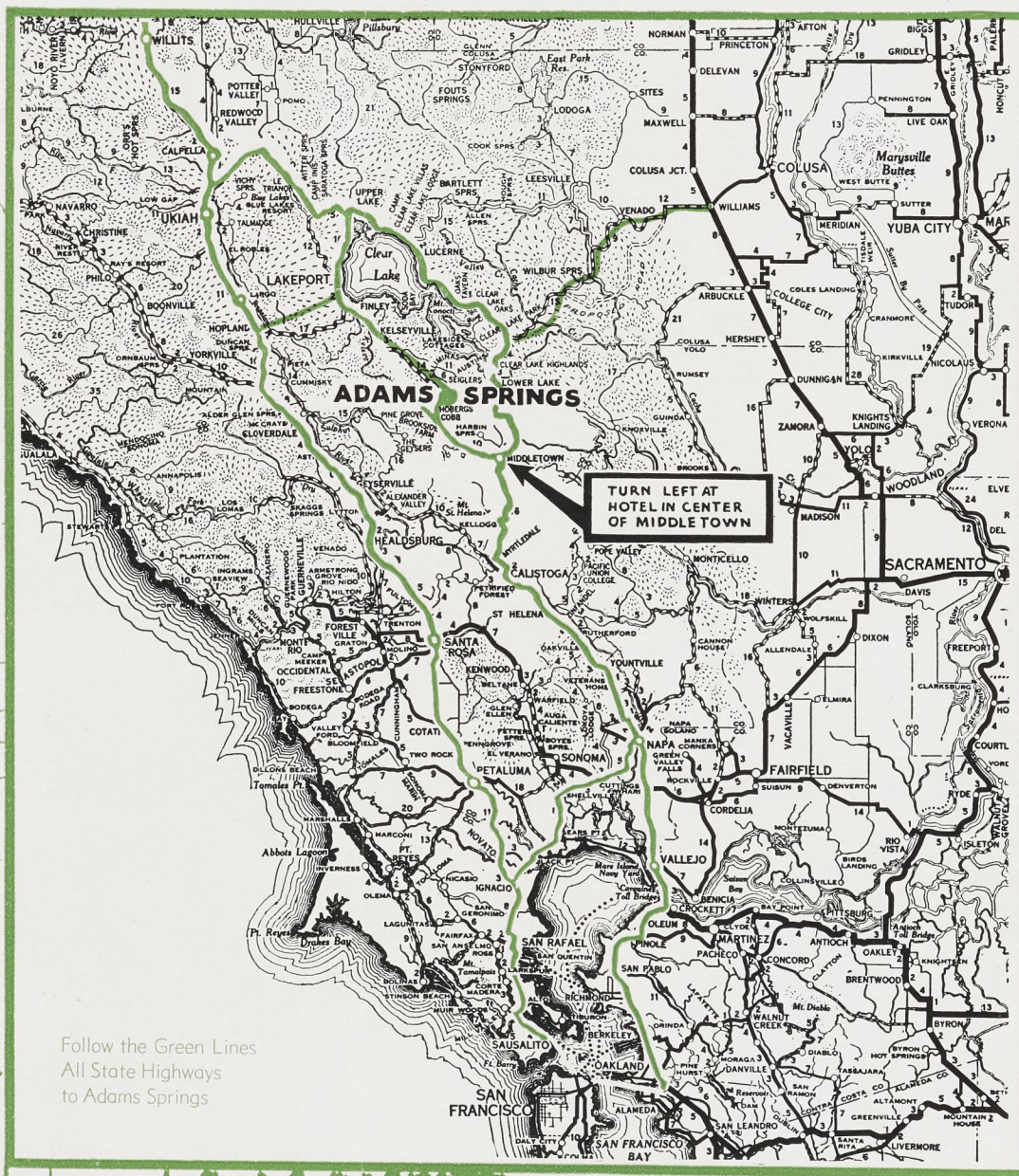
MANGANESE .....	1.3	parts	per	million
IRON .....	12.5	"	"	"
CALCIUM .....	173.3	"	"	"
MAGNESIA .....	339.3	"	"	"
SODIUM .....	365.0	"	"	"
SILICA .....	93.0	"	"	"
CHLORINE .....	38.3	"	"	"
SULPHATE .....	16.1	"	"	"
NITRATE .....	0	"	"	"
PHOSPHATE .....	.7	"	"	"
CARBONATE .....	1551.4	"	"	"
TOTAL .....	2591.4	"	"	"

Carbonate consists entirely of bi-carbonate and the water is naturally carbonated.

Adams Springs Mineral Water is recommended by many prominent physicians in conjunction with the treatment of liver, kidney and stomach trouble. It is a mild laxative and stimulates the action of the liver, kidneys, stomach and bowels without irritation.

ASK YOUR PHYSICIAN

1250



Follow the Green Lines  
All State Highways  
to Adams Springs

## TRANSPORTATION AT GREATLY REDUCED RATES TO ADAMS SPRINGS

### By Stage, from San Francisco—

Greyhound Bus leaves Bus Depot, Fifth and Mission 10:00 A. M.  
Arrives Adams Springs 3:35 P. M.  
Fare: One way, \$2.45; Round trip, \$4.45

### By Stage, from Oakland—

Greyhound Bus leaves Bus Depot, 21st and San Pablo 10:15 A. M.  
Arrives Adams Springs 3:35 P. M.  
Fare: One way, \$2.30; Round trip, \$4.15

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